

Cherokee Corn & Beans with Acorn Squash (Se-Lu A-Su-Yi Tu-Ya)

Serves 8 as a side dish. This recipe provides each person with more than one serving of vegetables.

This is a simplified version of a traditional Cherokee recipe, and is a wonderful warm dish during the holiday season, when good winter squash is in season.

- 1 acorn squash
- 1 tsp. canola oil
- 1 small white onion, chopped
- 1 15-oz. can low-sodium chili beans (usually a blend of kidney, black and pinto), rinsed and drained
- 1 15-oz. can low-sodium, whole kernel gold & white corn, rinsed and drained
- 1 15-oz. can low-sodium vegetable broth

Preheat oven to 375 F. Bake squash for about 15 minutes to soften, then cool, peel and slice into ½-inch cubes. Set aside. Heat oil in a medium-sized pot; add onion and cook on medium heat until the slices become translucent, about 5-7 minutes, adding a splash of water after 3 minutes to help them cook. Add beans, corn, broth and squash; cover and simmer on low-medium heat until the squash is soft, 20-25 minutes. Serve over rice.

Nutritional Analysis Per Serving:

- 118 calories, 24 grams carbohydrate, 4 grams protein, 1 gram fat, 0 grams saturated fat, 0 milligrams cholesterol, 189 milligrams sodium, 4 grams fiber
- 10% calories from fat
- 1.6 “5 A Day” servings per person